



Action for Healthy Kids

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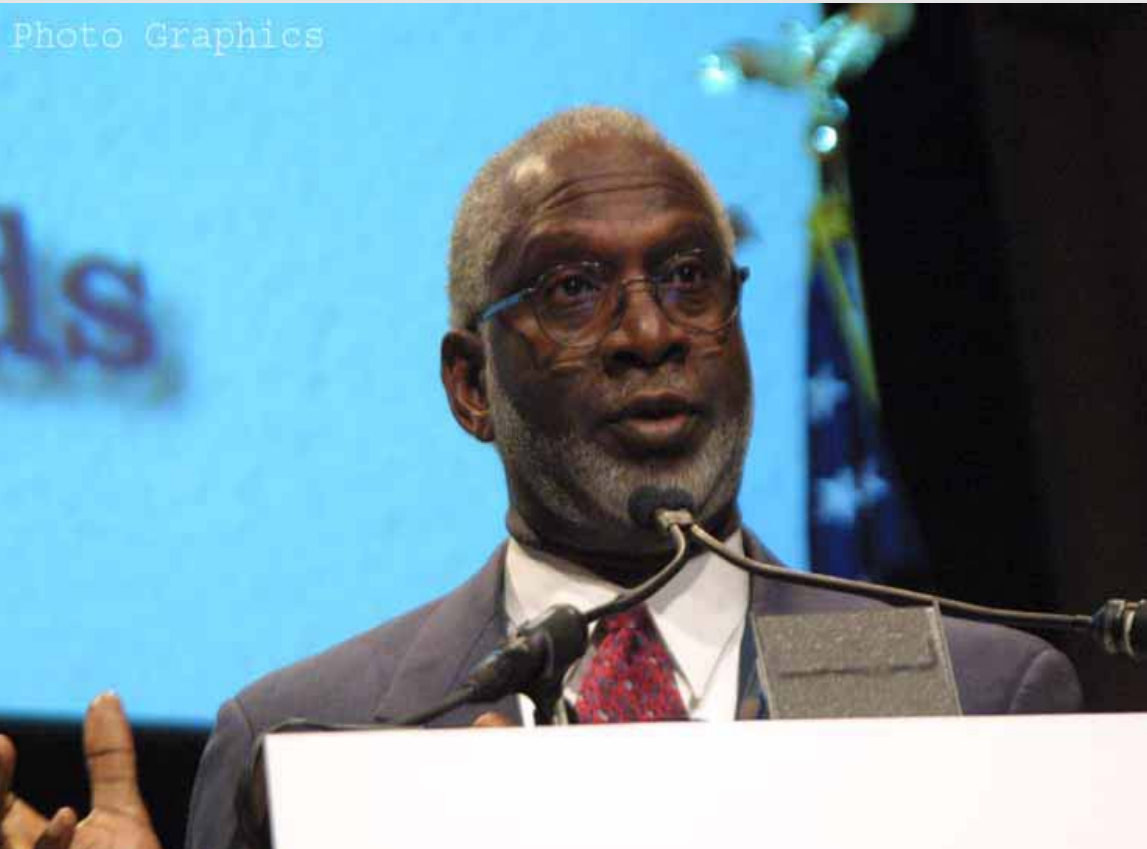
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Call to Action

David Satcher, MD, PhD, Chair, Healthy Schools Summit



"There is no limit to what we can achieve when we combine with the right people.

Together we really can make a difference in the health of our nation's children."



Healthy Schools Summit Planning Committee

- American Academy of Family Physicians
- American Academy of Pediatrics
- American Assn. of School Administrators
- American Cancer Society
- American College of Nutrition
- American Dietetic Association
- American Federation of Teachers
- American School Food Service Assn.
- American School Health Assn.
- Assn. for Supervision and Curriculum Dev.
- Assn of State and Territorial Public Health Nutrition Directors
- Council of Chief State School Officers
- Family, Career and Community Leaders of America
- Food Research and Action Center
- Nat'l Assn. for Sport and Physical Education
- Nat'l Assn. of Elementary School Principals
- Nat'l Assn. of School Nurses
- Nat'l Assn. of Secondary School Principals
- Nat'l Assn. of State Boards of Education
- Nat'l Assn. of Student Councils
- Nat'l Coalition for Parent Involvement in Education
- Nat'l Community Education Association
- Nat'l Conference of State Legislatures
- National Dairy Council
- National Education Association/HIN
- National Medical Association
- National School Boards Association
- The Robert Wood Johnson Foundation
- Society for Nutrition Education
- USDA/Food and Nutrition Services
- USDoe/Safe and Drug-Free Schools
- USDHHS/Centers for Disease Control and Prevention, National Institute of Child Health and Human Development



Commitment to Change

- Surgeon General's "Call to Action" galvanized education, health, fitness, nutrition and government groups
- Adopted the Call to Action to develop Commitment to Change
- This serves as framework for planning (summit and state team plans)
- Goals & Actions necessary for creating health-promoting schools that support sound nutrition & physical activity



Summit Accomplishments

- First Lady Laura Bush, Honorary Chair
- 50 state teams represented at Summit
- More than 550 attendees (859 registered)
- 54 speakers, 30 national media representatives
 - 10 government dignitaries presented (USDA, DOE, HHS, Sen. Frist)
- 22 national print articles, 20 articles in education trade journals and magazines
- Robert Wood Johnson Foundation presented Healthy Schools Hero Awards



Post-Summit Accomplishments

- Launched 51 AFHK state teams
- Post-summit collaborator meeting attended by 30 national organizations & government agencies
- State Team Action plans received and summarized
- Formalized foundation to support AFHK - Dr. Satcher, Chair



AFHK Mission

- Improve children's nutrition and physical activity in schools by collaborating with diverse stakeholders in advocating, promoting, and implementing national and state initiatives



AFHK Goals

- Through supporting state & national initiatives, create health promoting schools that support sound nutrition and physical activity
- Educate key audiences about nutrition and physical activity patterns that improve children's health and well being
- Provide national leadership and create public-private partnerships that sustain action focused on improving of children's health



State Team Progress

- 900 state team members
- Diverse stakeholder representation on teams
 - Additional recruiting of educators and other expert members as plans evolve
- ~40 states have submitted Action Plans



Significance of State Teams

- Designed for Immediate ACTION
 - Strategically cross other efforts for execution
 - Integrate & collaborate as appropriate
 - Local involvement with impact at state and district levels
- Key advantage is flexibility
 - States target areas most critical for their unique needs
- Each team selects 2-3 goals from CTC
 - physical activity & nutrition



State Team Members

- Educators
 - Teachers/Coaches
 - Principals
 - School Food Service Professionals
 - School Nurses
- School Administrators
- Health and Nutrition Professionals
- Government Leaders
- Student Leaders
- Concerned Parents
- Community Leaders
- Business Leaders



AFHK Teams Goals

- 1 - Provide health and physical education (14 states)
- 2 - Provide integrated nutrition education for all students (6 states)
- 3 - Ensure meals in feeding programs meet standards (4 states)
- 4 - Adopt policies that ensure all food & beverages at school contribute to health (15 states)
- 5 - Provide food options that are low in fat, sugar, calories and include fruits, vegetables, low fat dairy and whole grains (9 states)
- 6 - Ensure healthy snacks/foods are provided in vending/stores (11 states)
- 7 - Prohibit or restrict access to vending/school stores (1 state)
- 8 - Provide adequate meal time (5 states)
- 9 - Provide daily quality physical education (19 states)
- 10 - Provide daily recess (4 states)
- 11 - Provide co-curricular (3 states)
- 12 - Encourage use of schools for physical activity outside of day (8 states)



Snapshot of State Team Goals

- Form student health councils that initiate nutrition & physical activity programs
- Provide training to educators on behavior-focused nutrition education
- Increase number of schools implementing nutrition education
- Improve participation in school breakfast program and increase number of schools offering



Snapshot of State Team Goals

- Include more healthy food options in all areas that foods are sold in school
- Increase the percent of kids selecting fruits, vegetables, milk and whole grains
- Provide training on how to implement physical activity after-school programs
- Expand number of schools using facility after school hours for family-based physical activity programs



Snapshot of State Team Goals

- Increase the number of schools that have daily recess & daily physical education
- Develop strategies to increase number of schools that offer quality physical education
- Provide criteria & model programs and resources for nutrition and physical education
- Educate legislators, administrators, parents and educators on benefits of health-promoting schools for achievement



Going Forward

- Our focus: Actionable goals from "Commitment to Change" with measurable results
- Our support network: AFHK State Teams, over 30 collaborating organizations, and national foundation
- Our team needs diverse stakeholders



Benefits To Your Involvement

- Participate in national effort with health, education, government and industry leaders
- Contribute to real change, positively impact critical children's health issues
- Gain knowledge and expertise from diverse group of team members
- Obtain resources, information and tools from national/public policy leaders
- Share your experience and knowledge



Visit the AFHK Website

www.ActionForHealthyKids.org



The screenshot shows the website of the Action for Healthy Kids Initiative. The browser window title is "The Action for Healthy Kids Initiative - Microsoft Internet Explorer". The address bar shows "http://www.actionforhealthykids.org/".

Header: A banner on the left features a smiling woman and the text: "Join forces with education and health leaders to **take action** for children's nutrition & fitness". On the right is the AFHK logo, which consists of a stylized blue triangle with a green sunburst above it and two green figures holding hands on either side.

Left Navigation Menu: A vertical list of yellow buttons with black text: "home", "the healthy schools summit", "state teams", "staying informed", "tools and resources", "press room", and "about us".

Main Content Area:

- Where can I find...?** A link to the [Site Map](#) to find links to new materials.
- Jump to the Site Map to find links to new materials.**
- There is much that can be done to create a healthier school environment for our nation's children. The **Healthy Schools Summit**, which took place in Washington, D.C. on October 7 and 8, 2002, brought together the nation's leading education, children's health and nutrition organizations in a groundbreaking effort to help improve kids' health and educational performance through better nutrition and physical activity in schools.**
- It's about creating a healthy school environment**
- Healthy schools — those that support good nutrition and physical activity as part of a total learning environment — produce healthy students. Healthy students are better able to develop and learn. Healthy students who achieve their educational potential form healthy communities. Healthy communities build a healthy America.**
- The crucial role that schools play in helping shape our children's future makes them an essential partner in promoting a healthy lifestyle. This is achieved by creating a healthy school environment.**
- The Healthy Schools Summit was funded in part by the NATIONAL DAIRY COUNCIL in collaboration with the nation's leading [children's health and education organizations](#).**

Right Side Content:

- A photo of David Satcher, M.D., Ph.D., Former U.S. Surgeon General, with the text: **Video News Release** and [CLICK HERE](#).
- A yellow box titled **How can you take action for healthy kids?** containing a list of links: "Join a State Team", "Use Our Tools and Resources", "Tell Us What's Working", and "Stay Informed with News and E-mail Updates".

